276 made by boiling down the solution obtained by straining a decoction of water and the ashes of banana leaves; it contains, of course, some of the inorganic salts from the banana leaves. Without this addition, snuff is said to lack its proper aroma. The Angoni do not warm their snuff, but add a *mapuli* made in a similar way from cow dung.

262 146 Food stuffs. According to the general supposition, the native lives on a very monotonous diet, with a great excess of carbohydrates to the exclusion of proteids and fats. While it is certainly true that he does not consider that he has been fed without his "whack" of flour (maize, millet, rice or cassava), still he feels that his meal is a poor one if it does not also include some secondary dish, such as beans, fish, or green vegetables cooked like spinach.

263 262 The grains chiefly grown and used by the Yao are maize, millet, and a certain amount of rice.

Millets (sorghum): *Mapemba*, a tall variety, eight feet high, which is harvested late; *Mapemba ya mwanji*, a hairy variety; *Liambalaka*, a short kind, five feet high, which matures early; *Mbalwe*, characterized by the fact that the ripe grains will fall when the plant is shaken, and by a rather bitter taste; *Nandanji*, a variety six feet high which ripens quickly; *Kapile*, a shorter variety with a bitter taste but, according to the natives, a pleasant smell. (It makes good beer.)

Eleusine: *Lisanje*, about four feet high with very small grains; *Chindumba*, used for making a very strong beer; *Mwandi*, a variety eight feet high. Cyprus grasses: *Usanje*; 273 there are two varieties, *Kamombota*, which curls up and is used for making strong beer, and another kind which is not curly.

Maize: A number of varieties of the species *Zea mays* are grown by the Yao: *Chiwere*, a black-grained variety; *Nampalala*, red maize; *Lisanje*, the seeds of which are large, white, and dented; *Nambinga*, with grains flattened on the free surface; *Kanjalanjala*, a dwarf maize about four feet high.

Rice (*Oryza sativa*): *Mpunga* (generic name *Likati*), a large-grained variety; *Singano*, with very long grains; *Linguindimba*, red rice; *Mbungalo*, characterized by the strong, not unpleasant odor it gives out when being cooked.

241 262 Cassava: *Chisangwe* is grown everywhere, but the Yao do not prepare flour from it, preferring to eat it raw at odd times. There are several varieties; *Chingangwe cha chiwere*, white cassava; *Chisangwe cha mbwani*, a brown variety; *Liwanga*, a bitter species (*Manihot utilissima*) which produces a very large root; *Chilasi* and *Kawanga*, varieties of *Manihot aipi*, the former characterized by its long, tapering leaves, while the latter is a dwarf variety with a big root.

Beans: there are a number of species of beans grown: *Mbwenande* (*Cajanus indicus*), *ngande* (*Vigna catiang*), *mbwere* (*Phaseolus mungo*), *mbwande*, (*Phaseolus sp.*), *nkambakala*, (*Phaseolus sp.*), *ngandawalwi*, and a ground bean *njowa* (*Voandzeia subterranea*).

Peas, *nsuswe* (*Pisum sativum*), are grown in abundance. There are two other varieties; *nsiwa* (groundnuts), and *chindwewe*.

Sweet potatoes: *mbatata* (*Ipomoea batas*), of which the natives are very fond; they distinguish a red and a white variety, *mbatata nyanjajwe* and *mbatata nyasiswere*.

The tuber-like root of a bush called *nguombo* is also eaten, likewise the young underground shoots of a palm tree. The leaves of the sweet potato and the leaves of many wild growing plants are collected by the women and cooked like spinach; the flowers of pumpkins are used in a similar way. Of fruits eaten, the banana, *lipombo*, takes first place. A very large number of species of *Ficus* are grown, including *mukumbuka*, *mbinga*, *mkuli*, *mwiri*, *mnyanga*, *kabuta* a dwarf banana, *kaipwa* a wild banana, and *mlanga*, the plantain. The paw-paw is found all over the district. There are several varieties of pumpkin, *lipungu*, including *mkonda*, *chindendeli*, and a very large species called *mtwa wa nguwa*, "the crocodile's head." Varieties of cucumbers include *kingoka* and *kahitungulu*.

A large number of wild fruits are eaten, among them figs, *kabuju* (*Ficus*), *kimbu* (*Uapaca*), *chikili* and *lisungu*, the fruits of two species of *Landolphia*, *matungu* or Kaffir oranges (a species of *Strychnos*), *chilundu*, the fruits of *Hyphaene* (palms), *mukwakwa* (*Myrianthus*) a wild tree belonging to the mulberry family, and others, *mdowa*, *matangamdembo*, *mdembembe*, *chinguluvungulu*, *chindupulpu*, *mukwala*, *likwendu*, etc. The seeds from the heads of bulrushes (*Typha*) are mashed up and eaten.

All fish are eaten except the *nguwa*, which always causes urticaria.

The flesh of all the antelopes, of oxen, sheep and goats is eaten greedily; only bushbuck is avoided by some people as it is said to cause a skin eruption. Elephant is shunned by many on account of its rough skin, also rhinoceros because of the ulcers which it often has on its body, and hippopotamus on account of the marks on its back which are thought to be skin to leprosy. People eating the flesh of these animals are supposed often to sicken with leprosy, the pachydermatous skin, the ulceration or anaesthetic depigmented patches of that disease being reproduced, as the case may be. Few will eat pig or warthog on account of the digging habits of these animals. It is thought they may sometimes grub up bodies from graves. These flesh taboos may be due to Mohammedan influence. The lion, hyaena, and fox no one would touch, as they are supposed to be connected with witch,[1] but the heart of the lion might be eaten to acquire courage. Few will touch leopard flesh, but Kasungu's descendants do so. All will eat of the flesh of the serval cat but very few of the common wild cat. The rock rabbit, *nguwanwire* (*mbira*, Chin.), is refused by most Yao as it is a "beast without shame," having no tail to hide what should in decency be hid. Very few will partake of the baboon, but monkey is acceptable to many. A few reject porcupine, supposing they will break out in spots, while the zebra may cause stripes, and none will touch the skunk. No one eats *nyoka*, a mamba that is believed to die if it crosses a path. All kinds of rats are eaten, but the shrew-rat and cane-rat only by boys. Snakes

[1] Vide supra, p. 344.